

## Domestic Violence Awareness and Prevention

What is domestic violence? Domestic violence is when one person in a relationship tries to physically or psychologically control the other. Examples of abuse include:

- Put-downs or name-calling
- Physical harm
- Threats of physical harm
- Intimidation
- Sexual assault

Anyone can be a victim of domestic violence. Victims can be any sex, race, age, or culture. When children are present, they are also likely to be abused and/or not taken care of.

There are many agencies in Michigan that can help. If you are looking for help for someone you know or for yourself, following are some recommended agencies.

- The **Michigan Coalition Against Domestic and Sexual Violence** (MCADSV) is located at 3893 Okemos Road, Suite B-2; Okemos, MI. You may phone them at 517-347-7000; TTY is 517-381-8470. MCADSV has more than 70 domestic and sexual violence programs, and has agencies statewide. For more information, visit <http://www.mcadsv.org/>.
- If you want to talk to a trained counselor that can help during a crisis or for support; or if you want information on programs near you, call the **National Domestic Violence** (NDV) Hotline at 1-800-799-SAFE (7233), TTY: 1-800-787-3224. It's free, and the hotline is available 24-hours a day. The NDV Hotline staff can tell you where to go for shelter, and social and legal assistance.